Trauma Informed Care Training

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“The charges are correct, sir. The airline now charges for emotional baggage as well.”
Understanding the need for the training

- People who care may not have the skills to do so as effectively as they think or would like.

- The way we demonstrate care for others can prevent progress and can unintentionally cause increased anxiety and fear in survivors.

- One voice within an organization is not sufficient to promote and maintain an environment of respect and care.

- We know much more than we did years ago.
Soda Can
“Trauma”

Any injury, whether physically or emotionally inflicted. May cause any level of distress, shock or pain and may result in lasting mental and physical effects.

Traumatic Event – The specific incident that may result in symptoms, either physical, mental or emotional.

In Trauma-Informed Care we tend to reference individuals as those who have survived a traumatic event or survivors rather than labeling individuals as “traumatized” or “victims”. Note: term victim is utilized in legal circles on an ongoing basis.
Types of Trauma

*Personal
*Familial
*Environmental
*Professional
*Systemic
*Organizational
*Historical
Why do people respond differently?

- Pre-event factors
- Event factors
- Post-event factors
- Personal characteristics
Personal Characteristics

- Internal control factors
- Self-efficacy
- Intelligence
- Sense of coherence
- Strength (physical and emotional)
- Motivation to deal with the trauma
- Optimistic attitude
- Personal beliefs
Family Impact

- Loss and grief
- Separation and divorce
- Domestic violence
- Economic challenges due to loss of work, etc.
- Home environment
- Runaway and/or homeless episodes
- Legal issues including immigration
Impact of Trauma

- I. Attachment
- II. Biology
- III. Affect and Impulse Regulation
- IV. Dissociation
- V. Behavioral Control
- VI. Cognition
- VII. Self-Concept
- VIII. Systems of Meaning / Sense of Purpose and Meaning in Life
Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan
Attachment

- Healthy or insecure attachment
- Inability to trust
- Social isolation
- Difficulty attuning to others
- Exploitation or abuse by others
Biology

- Sensorimotor developmental problems
- Hypersensitivity to physical contact
- Somatization
- Increased medical problems
- Problems with coordination and balance
- The inability to feel pain while conscious
- Impact on the brain
Affect and Impulse Regulation

- Difficulty with emotional self-regulation
- Intense affect easily triggered
- Difficulty describing feelings
- Problems describing internal states
- Difficulty communicating desires
- Excessive risk taking and self-destructive acts
- Suicidal preoccupation
Behavioral

Poor impulse control

Self-destructive behavior

Aggression against others

Sleeping and eating disorders

Substance abuse

Excessive compliance

Oppositional behavior

Resistance
Hand Model of the Brain

By Dr. Dan Siegel
Dissociation

- Sense of separating or “awayness” for periods of time
- Loss of time (minutes, hours or days)
- Periodic sensation of “floating” above him or herself
Cognition

- Problems focusing on and completing tasks
- Difficulty planning and anticipating
- Learning difficulties
- Difficulties in attention regulation and executive functioning
- Problems with language development
- Problems with being oriented to time and space
Self-Concept

- Lack of a continuous, predictable sense of self
- Sense of ineffectiveness
- Feeling permanently damaged
- Poor sense of separateness
- Low self-esteem
- Shame and guilt
- Disturbances of body image
Systems of Meaning

- Lack of belief in a positive or full future
- Hopeless and pessimistic attitude
- Problems sustaining beliefs
- Sense of no purpose in life
- Crisis of faith
On the Brain

- Neutral memories are stored in the left side of the brain (logic).
- Traumatic memories are stored in the right side of the brain (emotion).
- When stressful events occur, the memories are stored in the right (emotional) side of the brain.
- In order to process that event, our brain allows us to access “safe” images and memories from the left (logic) side of the brain.
- The corpus callosum allows the two halves of the brain to communicate with each other.
Childhood abuse affects corpus callosum

The morphology of the corpus callosum is significantly affected by early neglect (as well as physical abuse and sexual abuse).

Teicher et al. (2004) Biological Psychiatry 56, 80-85
As defined by the National Child Traumatic Stress Network (NCTSN)

A trauma-informed child- and family-service system is one in which all parties involved recognize and respond to the impact of traumatic stress on those who have contact with the system including children, caregivers, and service providers. Programs and agencies within such a system infuse and sustain trauma awareness, knowledge, and skills into their organizational cultures, practices, and policies. They act in collaboration with all those who are involved with the child, using the best available science, to facilitate and support the recovery and resiliency of the child and family.

A service system with a trauma-informed perspective is one in which programs, agencies, and service providers:
1. routinely screen for trauma exposure and related symptoms
2. use culturally appropriate evidence-based assessment and treatment for traumatic stress and associated mental health symptoms
3. make resources available to children, families, and providers on trauma exposure, its impact, and treatment
4. engage in efforts to strengthen the resilience and protective factors of children and families impacted by and vulnerable to trauma
5. address parent and caregiver trauma and its impact on the family system
6. emphasize continuity of care and collaboration across child-service systems
7. maintain an environment of care for staff that addresses, minimizes, and treats secondary traumatic stress,
Core Principles of TIC

- Safety (physical and emotional)
- Trustworthiness
- Choice/Individualized
- Collaboration
- Forward Thinking
- In Context
Second Hand Trauma

- Disruptions in relationships with youth
  - Conflict with our co-workers and colleagues
  - Emotional reactions
  - Intrusions into personal life and functioning
  - Restricting social relationships and interactions
  - Exhaustion
  - Physical Ailments
  - “Burn Out”
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